

STEP IT UP Activity Log

How to use: Record your daily activity below and calculate monthly totals

Steps: log your steps walked each day

Other: convert other activity to steps

Note: every 1 minute of moderate activity = 100 steps and

Every 1 minute of vigorous activity = 200 steps

Total steps: add daily steps and steps from other activities to get your daily total

TOTAL: at the end of each week calculate your totals and overall total for the week!

Other:

Moderate e.g. mowing the lawn, brisk walking, digging in the garden, medium paced swimming and cycling.

Vigorous e.g. jogging, fast cycling, shovelling snow, aerobics and active sports such as football, squash and basketball.

